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**Hamilton Anxiety Rating Scale (HAM-A)**

<b>Availability:</b>	The instrument is freely available here: <a href="#">Please click here for the Hamilton Anxiety Depression Scale</a>
<b>Classification:</b>	Supplemental
<b>Short Description of Instrument:</b>	<p>The 14-item version of the HAM-A, also referred to as the HAM-A, consists of 13 questions and one observational rating of the patient's behavior during the interview (Hamilton, 1959). The HAM-A was originally developed to assess the severity of anxiety symptoms in patients diagnosed with 'neurotic anxiety states' (Hamilton 1959), and it provides an overall measure of global anxiety that is weighted towards somatic and autonomic features of anxiety, but also includes emotional and cognitive symptoms. The HAM-A assesses a range of symptoms that are frequent in all eight of the DSM-IV Anxiety Disorders, but is used most often to assess symptom severity in Generalized Anxiety Disorder (Shear et al. 2001). The HAM-A does not distinguish symptoms of specific anxiety disorders or distinguish anxiety from depression. However, HAM-A items are compatible with DSM-IV criteria for Generalized Anxiety Disorder (A Criterion=Excessive worry; B Criterion= Inability to control Worry; C Criteria = additional symptoms of restlessness/psychic tension, easy fatigability, difficulty concentrating, irritability, muscle tension, and sleep disturbance).</p> <p>The scale was not intended for measurement of anxiety occurring in the context of other psychiatric or medical conditions, but it is now applied that way.</p>
<b>Scoring:</b>	<p>The HAM-A takes approximately 15 to 30 minutes to administer. Each of the 14 items is rated on a 5-point Likert-type scale (0 to 4) with higher scores indicating greater severity. Total scores for the HAM-A range from 0 to 56. A score &gt;16 is consistent with clinically significant anxiety in the general population. Recent analyses in a PD sample suggest a lower cut-off score of 11/12 to distinguish patients with and without anxiety disorders (Leentjens et al., in review).</p>
<b>References:</b>	<p>Hamilton M. The assessment of anxiety states by rating. Br J Medical Psychology 1959; 32: 50-55.</p> <p>Leentjens AFG et al. Anxiety rating scales in Parkinson's disease: a validation study of the Hamilton Anxiety Scale, the Beck Anxiety Inventory and the Hospital Anxiety and Depression Scale. In review.</p> <p>Shear MK, Vander BJ, Rucci P, Endicott J, Lydiard B, Otto MW et al (2001): Reliability and validity of a structured interview guide for the Hamilton Anxiety Rating Scale (SIGH-A). Depress. Anxiety. 13: 166-178.</p> <p>Leentjens AFG et al. Anxiety Rating Scales in Parkinson's Disease: Critique and Recommendations, Mov Disord 2008; 23 (14): 2015-2025.</p>